

## **Team Nutrition Materials**

### **Fruit and Vegetable Fact Sheets and Marketing Posters**

- Perfect Pear
- Kiwi Kraze
- Bold Broccoli
- Tangerine Tango
- Colossal Cauliflower
- Glorious Grapefruit
- Spinach Smart
- Strawberry Savvy
- Crisp Cucumber

### **Articles for Parent Newsletter**

- Your Family and the Dietary Guidelines
- Calcium Counts
- Enjoying Family Meals
- The Food Guide Pyramid
- Get Fit
- Breakfast - The 1<sup>st</sup> Step to Success
- Snack Smart
- Picture the Portion
- Trying New Foods